



TENNESSEE ULTIMATE FIRE FIGHTER --- TUFF CHALLENGE

SEPTEMBER 30, 2006

*Are you **TUFF** enough to
accept the challenge?*

COMPETITOR INFORMATION PACKET



Dear Participant,

Thank you for your interest in the 3rd Annual Tennessee Ultimate Fire Fighter "TUFF" Challenge!

The TUFF Challenge Committee is dedicated to providing a safe and memorable experience for competitors, friends, family members and fans alike. We hope the TUFF Challenge will become a spectacular annual event that Tennesseans look forward to each year.

From victim rescue, to ventilation, to climbing, the competitors will perform a series of tasks that represents the physical demands that are placed on firefighters on a daily basis. The TUFF Challenge is geared in support of firefighter fitness and is a great way to showcase the hard work and dedication of our States' first responders. And what a great way to kick off Fire Prevention Month for October!

Enclosed you will find a copy of the 2006 TUFF Challenge Rules and Regulations, Challenge Specifications, Challenge Lay-Out, Equipment Specifications, Registration Form, Waiver of Liability and supporting information. You are required to read and adhere to all TUFF Challenge rules and to complete the Waiver of Liability form.

NOTICE: New rules or requirements for 2006 will be marked with a "NOTICE" marker.

The proceeds from this event will benefit the Tennessee Fallen Fire Fighter Memorial, which is in the planning stages through the Tennessee Fallen Firefighter Memorial Committee. Additional information regarding the Memorial can be found at: www.state.tn.us/commerce/sfm/tfaca/memorial

The committee welcomes all comments and suggestions; please let us know what you like or what you would like to see changed. Send all correspondence to: TFACA, attention TUFF Challenge, 2161 Unionville-Deason Road, Bell Buckle, Tennessee 37020.

We look forward to your participation in the 2006 TUFF Challenge!

~TUFF Challenge Committee



CHALLENGE OVERVIEW

The Tennessee Ultimate Fire Fighter (TUFF) Challenge is open to **Tennessee Fire Fighters / Fire Departments only** and is held at the Tennessee Fire Service and Codes Enforcement Academy located in northern Bedford County.

The 3rd Annual TUFF Challenge Competition will be held on Saturday, September 30, 2006 at the Tennessee Fire Service and Codes Enforcement Academy located at: 2161 Unionville-Deason Road in Bell Buckle, Tennessee. Individual and team competitors' registration/sign-in begins at 7:30 a.m. The TUFF Challenge Competition will begin at approximately 8:15 a.m. All times are Central Standard Time (CST). You will be notified in advance of your starting order (not starting time). With the exception of the first competitor, you must be registered one hour prior to your start time. It is your responsibility to estimate the time you need to arrive.

The TUFF Challenge consists of an individual or team relay challenge. All participants should be in excellent physical condition. All participants will be provided a copy of all TUFF Challenge rules and specifications. Participants are strongly urged to read and abide by these rules. The Waiver of Liability form must be completed by each participant and returned with the registration form and entry fees. Failure to follow all of the challenge rules and regulations may result in a disqualification.

NOTICE: In the event of maximum registrations/participants, Sunday, October 1st has been set aside in case of a run over. You will be notified in advance if you will need to compete on this date.

REGISTRATION IS LIMITED! FIRST COME/FIRST SERVED!

TUFF Challenge registration deadline is Friday, July 28, 2006.

Competitors are urged to register early; enrollment is **limited to 50 teams and 50 individuals** for the challenge.

Only Fire Departments who have registered via the Tennessee Fire Department Recognition Act may compete. If you need further information regarding the Tennessee Fire Department Recognition Act, contact the State Fire Marshal's Office at 615.741.2981.

Registration will be accepted by mail or hand delivery only. Phone calls and facsimiles will **not be accepted**.

Registrations **are not** permitted on the day of the event.

A competitor is considered registered upon submission and receipt of a completed registration form, entry fees and Waiver of Liability. Letters of confirmation will be mailed to the designated address on the registration form, to the attention of the individual or team captain.

Mail completed registrations, Waiver of Liability and entry fees to:

TFACA
Attn: TUFF Challenge
2161 Unionville-Deason Road
Bell Buckle, TN 37020

NOTICE: Entry fees **MUST** be submitted with registration.

**NOTICE: Make checks for TUFF Challenge entry fees payable to:
Tennessee Fallen Firefighter Memorial**

Single-room overnight accommodations are available for a fee of \$25.00 per night by contacting TFACA Hospitality Manager Kerry Kimmel at 931.294.4305. Or you may notify TFACA by completing the accommodations portion of the Registration page. Fees for accommodations must be separate from TUFF Fees. Accommodation fees must be made payable to TFACA.

INDIVIDUAL CHALLENGE RELAY

The participating individual will be required to compete in each listed evolution.

NOTICE: A fire department can register as many individual competitors as wanted per department.

An individual competitor is allowed to also compete on a team (one team only). However, the team must be from same fire department.

The individual must be classified as a paid or volunteer firefighter.

A Department in which 100% of fire department personnel receive fire department pay is classified as paid department. All other fire departments are considered as a volunteer fire department. (These classifications are for the TUFF Challenge competition only.)

TEAM CHALLENGE RELAY

The relay team **must** consist of at least 3 and no more than 5 persons, male and/or female, any age.

A fire department may register three (3) teams per department.

Fire Departments are allowed to join together to form a team.

Team must be classified as a paid fire department or volunteer fire department.

A Department in which 100% of fire department personnel receive fire department pay is classified as paid department. All other fire departments are considered as a volunteer fire department. (These classifications are for the TUFF Challenge competition only.)

Team Captains are responsible for all correspondence with the TUFF Challenge Committee and Judges.

PRO CHALLENGE

NOTICE: If you (or your team, which consists of three (3) or more of the original competitors) have competed in a national or state competition (including TUFF) and your finish time is 2 minutes or less, you (or your team) **MUST** compete in the Pro category. Additionally, any team or individual may choose and register to compete in this category.

Pro challenge category includes team and individual competition and must follow rules as listed for each.

A **FIRST PLACE** only award will be given for this category, regardless of paid/volunteer status.

WOMEN'S CHALLENGE

Any all female team or individual may compete in the Women's category. In the event that three (3) or more teams/individuals do not register, the registrants will fall under the Volunteer category for any competition and will be timed in accordance with said category.

Women's challenge category includes team and individual competition and must follow rules as listed for each.

A **FIRST PLACE** only award will be given for this category.

ENTRY FEES

The registration fees are as follows:

TEAM RELAY COMPETITION:

Paid Fire Departments - \$100.00 per team.

Volunteer Fire Departments - \$50.00 per team

INDIVIDUAL COMPETITION:

Paid Fire Departments - \$50.00 per individual
Volunteer Fire Departments - \$25.00 per individual

PRO COMPETITION:**TEAM:**

Paid Fire Departments - \$100.00 per team
Volunteer Fire Departments - \$50.00 per team

INDIVIDUAL:

Paid Fire Departments - \$50.00 per individual
Volunteer Fire Departments - \$25.00 per individual

WOMEN'S COMPETITION:**TEAM:**

Paid Fire Departments - \$100.00 per team
Volunteer Fire Departments - \$50.00 per team

INDIVIDUAL:

Paid Fire Departments - \$50.00 per individual
Volunteer Fire Departments - \$25.00 per individual

A late fee of \$25 per registration will be assessed after the July 28th deadline.

REFUNDS

NOTICE: Refund requests will be honored up August 25th, 2006. Requests for refunds after this date **will not** be honored.

WEBSITE

Information will be posted and all efforts will be made to update registrations and information on the TFACA website roster, which will be available at www.state.tn.us/commerce/sfm/tfaca after August 1st. **NOTICE:** any rule changes, updates and additions will be posted at this site. You will be responsible for checking site and keeping updated.

WAIVER OF LIABILITY

Prior to participation, each competitor must sign the Waiver of Liability Form. Participants refusing to sign the Waiver of Liability **will not** be allowed to compete in any event. This includes team member substitutions. **NO EXCEPTIONS!**

AWARD CATEGORIES

Axe Awards will be given to the top 3 finishers for both volunteer and paid teams and individuals.

NOTICE: Additional awards will be given for First Place ONLY for Pro and Women's.

TUFF CHALLENGE AND TFACA FACILITY GUIDELINES

GENERAL ~

You will be notified in advance of your starting order. All competitors are expected to be present and checked in at the TUFF Challenge Registration table one (1) hour prior to team or individual start times. No exceptions!

Each competitor must personally be present for check in.

Delinquent competitors **may be** disqualified.

Alcoholic beverages and/or non-prescription narcotics are **not permitted** on facility grounds.

All participants and visitors must adhere to all posted traffic signs while on campus. Travel on outside of vehicles (hood, truck, tail-gates, etc.) is **not permitted**.

Bedford County Emergency Medical Services will be on hand in the event medical assistance is needed.

NOTICE: Due to safety issues: Only authorized personnel and competitors are allowed in competition area. **NO EXCEPTIONS!** Family members and friends must remain in spectator areas. Any infractions of this rule may result in a disqualification of competitor. (Competitors are strongly urged to inform family members/friends of this rule to ensure that you are not disqualified.)

START ORDER ~

Random drawing by the TUFF Challenge Committee creates starting order.

The random drawing will take place after the registration deadline of July 28th.

Start order preference **will not** be allowed.

If you are unable to participate in your starting order, you must notify TUFF Challenge Committee staff immediately.

The competitors starting order will be posted at the event registration table. Individual competitors or team captains are responsible for ensuring that you/their teams are at assigned areas when called.

The "next-up" competing team or individual **must be** in the staging area in full turnout gear when the preceding participant is at the start line. You will be notified to gather at staging area, and you are responsible for being ready on time. Staff will not take the time to find you; you must be ready to go.

NOTICE: A 10-second penalty may be assessed to any competitor who is not ready or who disrupts the competition.

SUBSTITUTIONS ~

Firefighter competitor substitutions within the team are allowed.

TUFF Challenge Committee must be notified of substitutions by September 1st.

NOTICE: Medical/family emergencies: substitutions may be allowed after deadline.

SPECTATORS ~

The TUFF Challenge is open to the public free of charge.

Spectators, friends and family members are welcome and urged to bring seating, blankets or umbrellas.

Parents/Adults must be responsible for children at all times.

Pets are not allowed on TFACA facility grounds.

Spectators, friends and family **are not** allowed on the course at any time.

NOTICE: Spectators, family members and friends are **NOT** allowed on the competition field. If you need help with your gear, bring a fellow firefighter volunteer. The competition equipment is for competitors use only! Any infraction to this rule may result in a disqualification. **NO EXCEPTIONS!**

Many areas of the TFACA facility grounds will be off limits; all individuals are strongly urged to not cross caution tape designating closed off areas.

Vendors and activities for children will be located near competition area.

COMPETITORS ~

Competitors are permitted on the course only when they are physically running the competition course.

Penalties, including disqualification, may be assessed for violation of any rule.

Disrupting the competition could result in a disqualification.

The team captain and the TUFF Challenge Marshal will resolve disputes regarding penalties. We do not review videotapes, etc. All TUFF Challenge Marshal's decisions are final.

NOTICE: You are required to be in the staging area and ready to go when called. The "next-up" competing team or individual **must be** in the staging area in full turnout gear when the preceding participant is at the start line. You will be notified to gather at staging area, and you are responsible for being ready on time. Staff will not take the time to find you; you must be ready to go.

AWARDS

Competitors will receive a competitor bag and challenge t-shirt.

All awards must be claimed prior to the conclusion of the event. Items not claimed on the day of competition **will not** be sent to competitors.

Competition results are updated after each competition and posted on the Challenge Result Board, which will be located at the registration desk.

Sponsors on an event-by-event basis may award other prizes. Prizes provided by sponsors are the responsibility of the sponsor. TUFF Challenge Committee assumes no responsibility for the delivery of these awards.

EQUIPMENT RULES

SCBA. Breathing apparatus is provided by the Tennessee Fire Service and Codes Enforcement Academy and must be worn by all participants. Competitors will not be on air.

TURN-OUT GEAR. Competitors must compete in their own protective equipment. Turnout gear, which includes jacket, pants, boots, gloves and helmets, must be approved for structural fire fighting consistent with NFPA standards.

Face-masks and hoods will not be worn during the TUFF Challenge competition. Helmet face shields are optional.

TUFF Challenge Judges will inspect all gear prior to participation. Your competitor number and fire department name will be called prior to your start time for equipment inspection; all team members must be at appointed inspection area. Competitors not at the inspection staging area may be disqualified or a **10-second** penalty may be assessed. TUFF Challenge Judges decisions are final.

Articles of turnout gear and SCBA must not be removed or lost during the competition. If dropped, they must be retrieved and correctly replaced by the competitor before continuing. Non-retrieval may result in disqualification.

COMPETITION EVOLUTIONS / INFORMATION

Each event must be performed in the order specified below.

START. Prior to the start signal, each competitor must be on the start pad. Following the start command, an audible signal will start each competitor/team. An early "false" start may result in a restart or a 2-second penalty, at the sole discretion of the Official. More than two (2) false starts may result in disqualification.

TASK 1: High Rise Stair Climb Evolution.

Carry a high-rise standpipe pack (2 sections of 1 1/2" hose) up to the fourth floor of the control building. The standpipe pack is to be deposited at the top of the stairs in the designated area. The free hand may be used to assist in the climb by pulling on the handrails. No skipping of steps is allowed on the way down. **NOTICE:** A 2-second penalty is assessed for each skipped stair. The competitor is disqualified if the pack falls from the fourth floor.

TASK 2: Hose Hoist Evolution.

A donut roll of 2 1/2" diameter hose and utility rope are used for this event. The competitor must stand at the rail of the fourth floor while hoisting. The evolution is complete when the roll clears the railing and is placed in the designated area. The donut roll must stay on the fourth floor. The team is disqualified if at any time loss of control of the donut roll, including falling off the building, or rolling down the stairs. A fallen donut roll may not be retrieved.

TASK 3: Forcible Entry Evolution.

Employing the Forcible Entry Simulator, and with a 8 pound sledge hammer provided, drive the beam five feet by striking the end of the beam. No pushing or pulling is allowed. The end of the beam must be struck squarely and distinctly. Do not hit the handle on the beam. This event is completed when the end being driven crosses the five-foot line. The hammer must be placed in the designated spot.

TASK 4: 1 3/4 Hose Advance Evolution.

After traveling the required distance of 140 feet through the cones and to the end mark (**must go to final mark or asses a 5-second penalty**) pick-up the nozzle end of the 150 foot charged 1 3/4" line and advance it 75 feet to the line marked on the pavement where you will open the nozzle and hit the target. The nozzle must be fully closed and placed on the ground (not dropped) before advancing to the next event. A dropped nozzle will result in a 2-second penalty.

TASK 5: Victim Rescue Evolution.

Lift and/or drag a 175-pound rescue dummy a distance of 100 feet. The dummy (and participant) must cross completely over the finish line. This event is complete when the dummy and participant clear the finish line.

EXCHANGES (TEAM RELAY ONLY) ~

NOTICE: Spanner wrench exchanges are required for team relay only – individuals are not required to carry the wrench.

You may only exchange the spanner wrench at the five designated spots on the course. You are not mandated to use all five. Competitors are required to use the event spanner wrench, which will be provided.

Exchanging must be **hand-to-hand** and competitors may elect to put the spanner wrench down after an exchange but must pick up the spanner wrench before advancing to the next event. Competitors may put the spanner wrench in their pocket. Loss of control of the spanner wrench will stop the competitor's forward progress until the member completing the evolution regains possession. Teams that have less than 5 competitors may have a member complete more than one evolution in succession, or alternatively, they may have another member interposed between the events. In any case, the handoffs must be accomplished in accordance with these rules.

Competitors have five (5) options for the exchange of the spanner wrench. The exchanges areas are listed below:

First Exchange: At the fourth floor of the control building. A legal pass takes place when all competitors' feet are on the fourth floor, following the deposit of the high-rise pack in the designated area.

Second Exchange: Between the last step exiting the tower and on the Forcible Entry Simulator.

Third Exchange: Anywhere within ten feet of the Forcible Entry Simulator.

Fourth Exchange: At the start line for the Hose Advance Evolution.

Fifth Exchange: At the start of the Victim Rescue Evolution. The competitor cannot touch dummy until they have the spanner wrench.

Any early exchange, (hoisting hose, touching the hammer, touching the nozzle, lifting the dummy before a handoff) will result in a 2-second penalty. No assistance can be rendered to a member of a team by any other member of the same team; each infraction will result in a 2-second penalty, (i.e., if a member completing a task drops the wrench, they alone must be the one to pick it up). If any object should fall off the control building (i.e. spanner wrench, donut or high-rise pack), the team will be disqualified. **No exceptions!**

Any rule infraction will result in a 2-second penalty

TUFF PRACTICE

TUFF Practices will be provided by Brentwood Fire Department only. For more information or to schedule a practice date, contact David Windrow at 615.371.0170

TUFF CHALLENGE CONTACT INFORMATION~

If additional information is needed, please contact:

Karen Alexander: phone: 931.294.4111 e-mail: karen.d.alexander@state.tn.us

Cheryle Hunt: phone: 931.294.4111 e-mail: cheryle.hunt@state.tn.us

TFACA Web Site: www.state.tn.us/commerce/sfm/tfaca

Sponsor Liaison, contact Patricia Holt: phone: 931.294.4111 e-mail patricia.holt@state.tn.us

TFACA Accommodations, contact Kerry kimmel: phone: 931.294.4305 e-mail kerry.l.kimmel@state.tn.us

TUFF VOLUNTEERS NEEDED: Please contact Kenny McFarland at kcmdrm20@bellsouth.net to register volunteers or for more information.

Note:

If at anytime a situation arises that is not specifically addressed in this registration packet, the TUFF Challenge Committee will make the determination.

TUFF VOLUNTEERS NEEDED!!

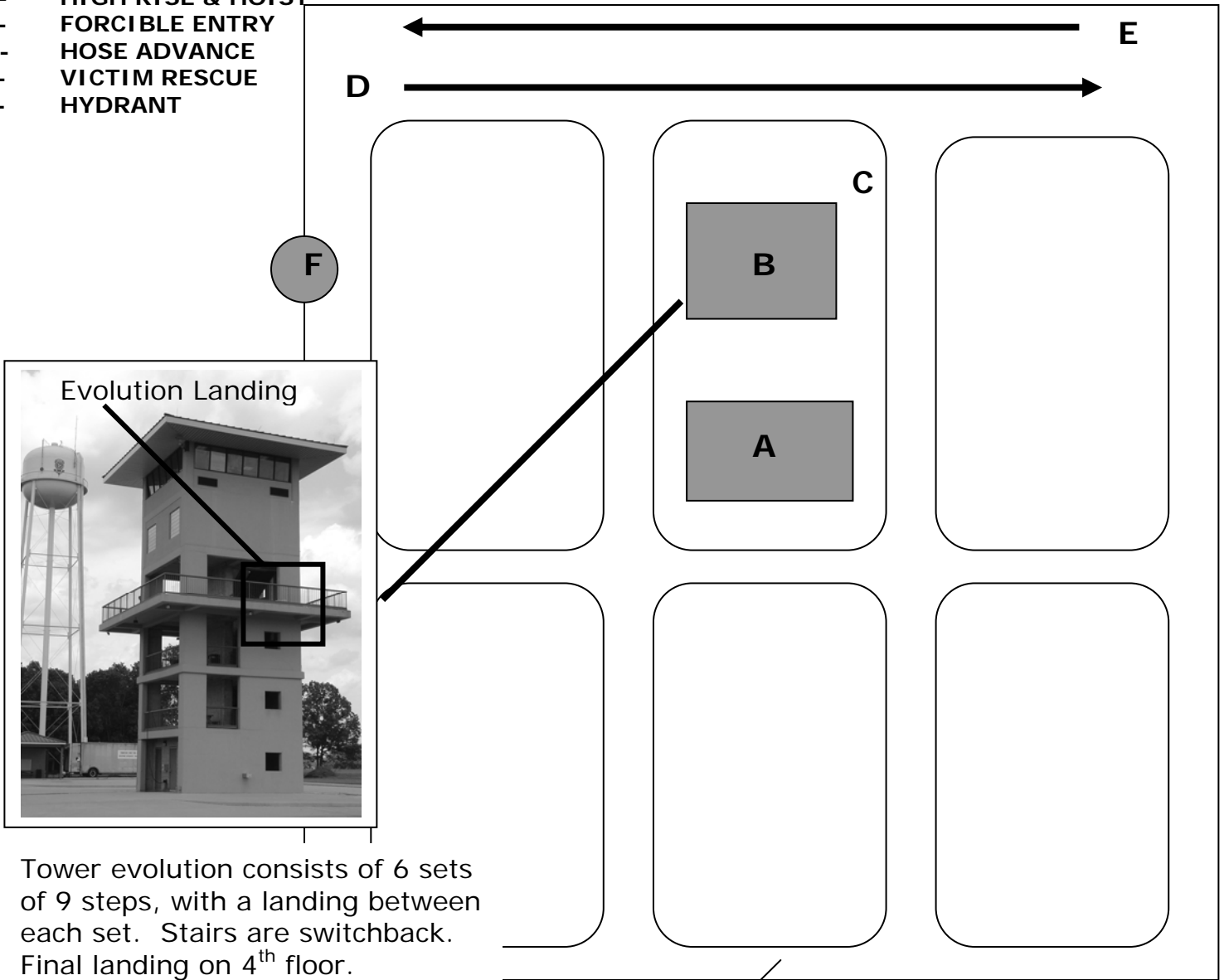
Please encourage your Explorer Post to become involved!

Volunteer will receive a free TUFF Challenge t-shirt and be provided snacks and lunch.

Contact Kenny McFarland for more information or to register a volunteer! kcmdrm20@bellsouth.com

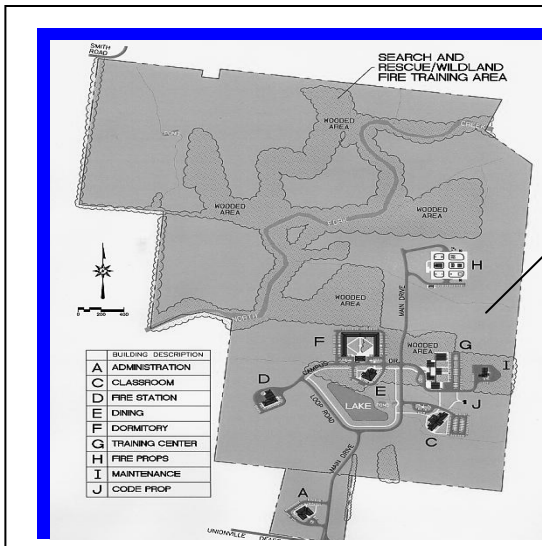
- A- STAGING AREA
- B- HIGH RISE & HOIST
- C- FORCIBLE ENTRY
- D- HOSE ADVANCE
- E- VICTIM RESCUE
- F- HYDRANT

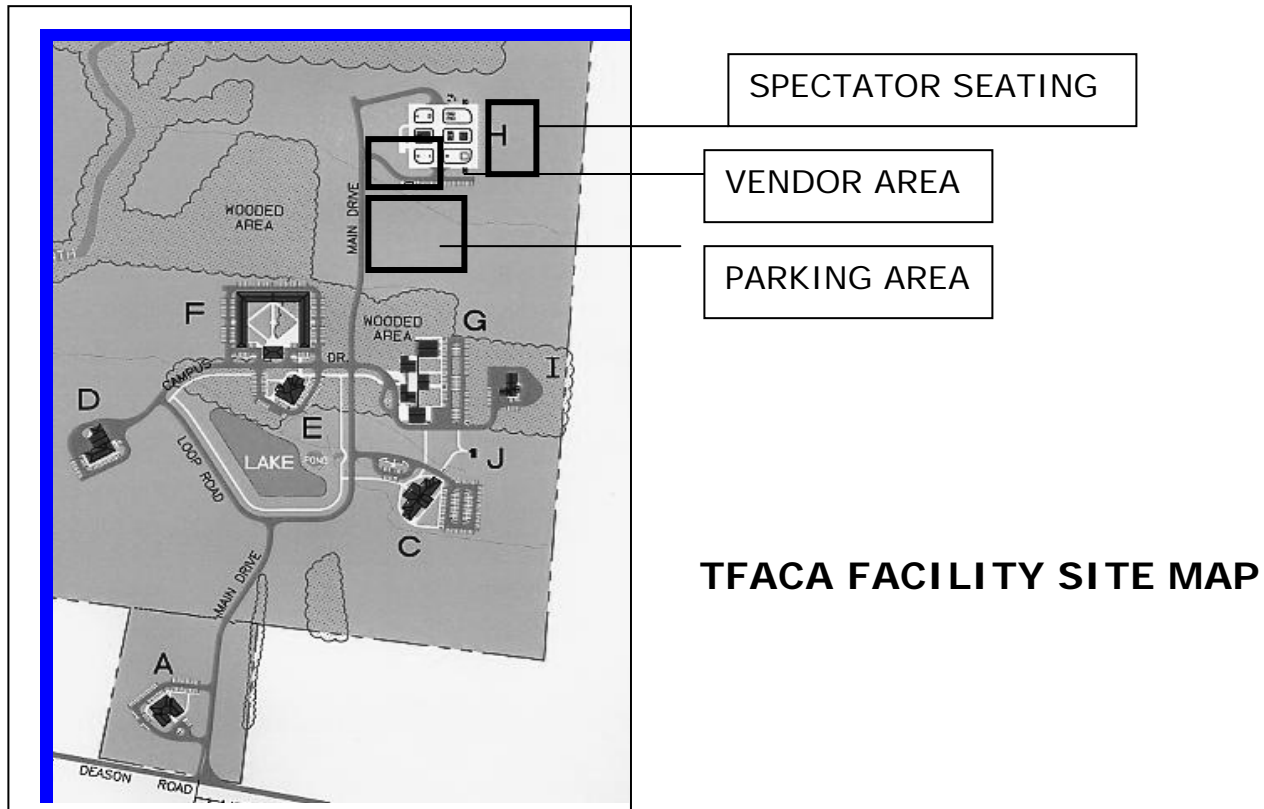
TUFF CHALLENGE COURSE - LAYOUT



Tower evolution consists of 6 sets of 9 steps, with a landing between each set. Stairs are switchback. Final landing on 4th floor.

Area enlarged





VISITOR PARKING:

Visitors will park in designated areas only. These areas include parking in sections F, G and E. Additional areas may be designated on September 30th. A shuttle car will be available for use if needed.

VENDOR AREA:

Vendors will be allowed to set up booths in the designated area near the TUFF Challenge competition area staging ground. Vendors will be assigned areas according to sponsorship levels.

NOTICE:

All competitors, spectators, friends and family will not be permitted to park behind competition area. You will be required to park in areas marked for parking.

T U F F Challenge Registration

September 30, 2006

(All information must be accurate and complete)

PLEASE PRINT

Fire Department Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Fire Dept Phone: () _____ Fax: () _____ Alternate: () _____

E-mail address: _____

Please check department category: Paid: _____ Volunteer: _____

Please check category:

Team: _____ Individual: _____

Pro: Team: _____ Individual: _____

Women's: Team: _____ Individual: _____

Entry Fee Enclosed? \$ _____ Check # _____

(Teams: \$100.00 Paid, \$50.00 Volunteer / Individual: \$50.00 Paid, \$25.00 Volunteer)

Team Name: _____

Participants: (choose a team captain; list captain name #1. Team captain will be responsible for all correspondence with TUFF Challenge Committee and Judges. This includes disputes, substitutions, etc.)

1. _____ Shirt Size: _____

2. _____ Shirt Size: _____

3. _____ Shirt Size: _____

4. _____ Shirt Size: _____

5. _____ Shirt Size: _____

TUFF Volunteers are desperately needed! Contact TUFF for more information and to sign up! All TUFF Volunteers receive a free t-shirt! (team volunteers do not receive a free t-shirt)

I or each member of our team has read and understands all rules and regulations. Each TUFF Challenge participant has signed a Waiver of Liability, which is enclosed. I, (or) as Team Captain, understand all rules, regulations, and guidelines as set forth in the registration packet. I also understand that a late fee of \$25.00 will be assessed to any registration that is not complete and does not include entry fees.

Signed: _____ Date: _____

Dorm Accommodations Needed? _____ YES _____ NO _____Sept 29 _____Sept 30
(Must note names of individuals needing rooms)

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Pay accommodations fees separate, payable to: TFACA/Commerce & Insurance
\$25.00 per night/single occupancy/no meals Dorm fees included: \$ _____

OFFICE USE ONLY

Date Received _____ Payment Received _____

Check / Money Order # _____ In System _____ On Web _____

Date Packet Complete _____

NOTES:

Competitor's Name (Please Print) _____

Last

First

WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT
Attendance at or Participation in the Tennessee Ultimate Firefighter TUFF Challenge held at the
Tennessee Fire Service and Code Enforcement Academy

Waiver: In consideration of my attendance at or participation in training classes taking place on the property and facilities of the Tennessee Fire Service and Codes Enforcement Academy in Bell Buckle, Tennessee (hereinafter "the Facility") during the period of

_____ through _____, I for myself, my heirs, personal
(date) (date)

representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** the State of Tennessee, its officers and employees **from any and all claims of liability** for personal injury, accident or illness (including death) and property loss arising from my presence at the Facility and/or my attendance at or participation in classes offered by the Facility. Furthermore, I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive discharge and covenant not to sue** the contract instructor(s) at the Facility **from any and all claims of liability** for personal injury, accident or illness (including death) and property loss, **exclusive of those claims arising from the gross negligence of the contract instructor(s)**, arising from my presence at the Facility and/or my attendance at or participation in classes offered by the Facility.

Signature of Student

Date

Assumption of Risks: The use of the Tennessee Fire Service and Codes Enforcement Academy in Bell Buckle, Tennessee (hereinafter "the Facility") carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, sprains, and minor burns 2) major injuries such as joint or back injuries, broken bones, heart attacks, head injuries, severe burns and psychological trauma 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand and appreciate these and other risks that are inherent in the activities that are made possible by the Facility. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnity and Hold Harmless: I also agree to INDEMNIFY AND HOLD HARMLESS the State of Tennessee, its officers and employees from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in the classes offered by the Facility. I further agree to INDEMNIFY AND HOLD HARMLESS the contract instructor(s) from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorneys fees, exclusive of those claims arising from the gross negligence of the contract instructor(s) brought as a result of my involvement in the classes offered by the Facility.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of Tennessee and that if any portion of it is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement of Understanding: I have read this waiver of liability, assumption of risk and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Signature of Student
(Rev.9-05)

Date

IN-1502